

# the otherpress

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# Give Dougy a Chance

I was like you once.

I was some half-dedicated General Studies student who attended Douglas College because it was close-by and a lot cheaper than going straight to SFU or UBC.

It's no secret that Douglas College is, for the most part, a transfer school. Many students spend two years here before taking off into the horizon of sunnier skies and more "respectable" institutions, and no one really blames them. There are bachelor's programs offered here, but they are few and far between.

I was in the exact same spot that many of you are likely in about four years ago. I'd just finished up a year off after high school—which was mostly spent drinking and delivering pizza—and I first came to Douglas simply because it was something

to do. I took easy classes, got mediocre grades, and never really considered myself to really be a part of this school.

Hell, I didn't even get my associates degree before heading off to Langara College in Vancouver—which, ironically, is another transfer school in and of itself.

What I did do while I was here, however, was write a bunch of dumb humour articles for the *Other Press*—which was probably the best decision I ever made. That launched me into the world of student journalism, which then decided my career path, and eventually landed me my first big-boy job that doesn't have anything to do with pizza (unfortunately).

What I'm unsuccessfully trying to get across here, Dear Reader, is that I made the seemingly unfathomable decision to join a

group of fellow students at Douglas College. It was something I never thought I'd do, but they somehow got me into the meetings, signed me up for actual staff positions, and now here I am penning a Lettitor.

That all happened because I took a drunken leap of faith and sent an email to the then Editor-in-Chief, Natalie Serafini, asking how I could get my work published.

I get it, joining a club or group at Douglas College may seem pointless if you know you'll be out of here in a few semesters, but I promise you it's worth the time and effort. Clubs Days are happening this week at both campuses (see the News article in this issue for more info) and there's plenty of great groups of people that are not just accessible, but passionate about what they're doing.

Sure, publicly caring about things might have seemed lame in high school, but you only need to get past that indifferent way of thinking to find that there's a lot of awesome people and things to discover here at Douglas.







Or you can just go back to drinking your coffee and scoffing at all everyone else at this school for, you know, *actually engaging*. That's entirely up to you.

Cheers,

Changhe Walter

Chandler Walter

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- ☑ Clubs Days happening this week
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## Lantern Festival



Photos by Analyn Cuarto

# Thousands march in solidarity with women

› Second annual protest fills Jack Poole Plaza

Katie Czenczek  
 Staff Writer

Thousands of people marched in solidarity through the streets of Vancouver for the second year in a row.

As a result of the United States federal election in 2016, people all over the world, including Vancouver, marched in protest against Donald Trump's presidency. People flocked to the streets in order to protest the increased presence of white nationalism, misogyny, and xenophobia, which many people attribute to Trump's political campaign and time in office.

However, the protest in Vancouver also discussed local and national issues that people within Canadian society face. Issues such as the Missing and Murdered Indigenous Women, Black Rights, Ten-Dollar-A-Day Daycare, Sex Worker's Rights, and sexual violence against women were all topics speakers discussed as they came to the stage.

This year—though fewer attended than last year—people marched to discuss these topics even further.

Jack Poole Plaza was filled January 20 with people of various ages, races, ethnicities, genders, and classes who all united under the same message: "Women's rights are human rights." The definition used for "woman" included trans women, genderqueer, Two-Spirit, and non-binary people. Several speakers



Photo by Analyn Cuarto

took to the stage, including 18-year-old Noor Fadel who was targeted in an alleged sexual assault believed to be religiously motivated in 2017.

Karla Thompson, a supporter of the march, explained why she took to the streets this year.

"I want a world where [women] are equal. Not better as some think we want, just treated like human beings," she said. "This has all gone on far too long."

Thompson elaborated, while in tears, discussing some of the things Canadian society needs to do to keep moving forward.

"We need to start educating kids [about rape culture] early, in middle schools or even elementary schools. I want better for our children and for my daughters," she said.

Phoebe Patigdas, secretary-treasurer of the British Columbia Federation of Students, described how she felt about the march.

"It's great that there were a lot of voices featured here from different movements, speaking in solidarity and fighting as one," she said. "A lot of people [braved] the weather to come out here and I think they got what they were looking for."

Patigdas also explained what this movement means to her.

"As a person of colour, [the Next Step March] means that I know what other people are experiencing and allows me to be at the front lines supporting them. Today [allowed] me to stand with my sisters and support them," she said.

William Canero, a former Douglas

College student and current UBC student, discussed why he thinks participating in marches is important to students.

"I'm a firm believer that online public discourse is a reproduction of on-the-ground activism," he said. "Students that share these experiences as local influencers shift the Overton window and cascade in a way that changes what is acceptable to talk about in private and public settings."

The Overton window is a political theory that describes the range of policies or issues that the public deems acceptable enough for a politician to successfully campaign on. Some may argue that Trump's presidency has proven that a more conservative range of policies or issues have become more popular.



# Clubs Days happening this week

> DSU changed club policies last year

Jake Wray  
News Editor

It's the start of a new semester and DSU Clubs Days are happening once again. Clubs Days are a showcase of all the student clubs at Douglas College. The clubs will have booths set up in common areas that students can peruse at their leisure. Clubs Day will be held at the Coquitlam campus atrium Tuesday, January 23 from 10 a.m. to 2 p.m., and at the New Westminster campus concourse Wednesday, January 24 from 10 a.m. to 2 p.m. Aran Armutlu, director of finance for the DSU, said Clubs Day is one of the busiest days of the year at Douglas College. "Clubs will have interactive things going on. People can come up to the tables and play games, or they can come and do things to interact with whatever the service or the interest is of that club," he said in an interview with the Other Press during the fall semester. The Other Press will have a booth at both Clubs Day events. Students are welcome to come by to learn more about their campus newspaper. While the Other Press is not officially a DSU club, we nevertheless encourage students to get involved with the paper—our door is always open to new student writers, editors, artists or anyone who wants to contribute. Chandler Walter, editor-in-chief of the



Photo of previous Clubs Day by Analyn Cuarto

Other Press, said the paper needs more Douglas College students to get involved. "We always encourage students to become part of the Other Press because it's a great place to have your written work published and become a part of a great group of people," he said. "Besides, press freedoms are increasingly under attack, and it's time for young journalists to step up." Armutlu said this fall that the DSU updated its club policies in summer 2017, including an overhaul of club

membership requirements. The old membership requirement for clubs was six members, but now clubs need to maintain 15 or 30 members depending on the type of club. Armutlu said the requirements were updated after the DSU received feedback from students during the club policy overhaul process. Joining a club can significantly enrich a student's experience at college, according to Armutlu, who said he hopes lots of students join clubs

at Douglas College this year. "I think that clubs are a great way for students to get that first-level engagement on campus, because you're really just going in and finding that thing you share as an interest with someone, and that's how all sort of connections are made," he said. "Getting involved on campus has obviously countless numbers of benefits, and the more that people invest into their time at Douglas ... it just makes their time here much more enjoyable."

## Two DSU representatives elected to BCFS board

> 'I'm excited to bring my twist to it'

Jake Wray  
News Editor

Two DSU representatives have been elected to new positions on the board of directors for the British Columbia Federation of Students (BCFS). The BCFS is an organization consisting of 14 student unions from across the province that works in the collective interest of those unions. Shared services, such as student discount programs and medical insurance, are co-ordinated through BCFS, as well as campaigns for student issues, such as the Fight for \$15 minimum wage campaign. Elections for the BCFS board of directors took place at the BCFS annual general meeting, which ran from January 11 to 14. Aran Armutlu, director of finance for the DSU, was elected as chairperson of the BCFS board. "I am definitely excited. I am pretty humbled that the membership thinks I would be a good fit for the role, and I look forward to all the challenges that it will bring," he told the Other Press in an exclusive interview. Armutlu said one of the BCFS chairperson's primary responsibilities is to drive BCFS campaigns. Previously, Armutlu sat on the BCFS board in the role of campaigns co-ordinator, which saw him assisting the previous

chairperson on campaign files. He said he is eager to continue working on campaigns in the role of chairperson. "It's a big portfolio," he said. "I'm excited to bring my twist to it. Obviously with roles like this, you don't want to reinvent the wheel. It's something that's been done for a while and there's already processes on which things are done." Armutlu said a recent successful BCFS campaign was their drive to remove tuition for adult basic education programs. The BC NDP government eliminated tuition fees for adult basic education in August 2017. Telka Pesklevits, women's representative for the DSU, was elected as the services co-ordinator for the BCFS board of directors. She said she sought the role of services co-ordinator because the BCFS is under increasing pressure to provide services after its national counterpart, the Canadian Federation of Students (CFS), fell into disarray. "There are, I think, 14 student unions or student societies in BC that are members of the BCFS, and a lot of them are seeking an exit from CFS," Pesklevits told the Other Press in a phone interview. "[If exiting CFS] then we have to rely more on the BCFS, and so one of the ways we really feel that immediately is in the services." Services include a bulk swag-purchase program, health and dental service, and student union apps. Pesklevits said



Photo of Aran Armutlu (Top left) and Telka Pesklevits (Top right) with other new BCFS directors via BCFS Facebook

student unions save money by grouping together to purchase these services. Pesklevits said one of her first priorities in the new role is figuring out what to do with the International Student Identity Card program, which provides Douglas College students (and students at other BCFS schools) with discounts at local

businesses. The problem, she said, is that CFS currently controls that program. "The rights to administer that are owned by the CFS, and so the issue is, if people are going to be exiting from the CFS, they'll no longer have the right to administer [the discount program,] so we have to come up with an alternative."



# DSU pub night draws a crowd

› ‘It’s one of the best parties I’ve been to’

Colten Kamlade  
Staff Reporter

The monthly pub nights hosted by the DSU are off to a good start for the year.

Over 120 students had filed into Pint 405 by 9 p.m.—only half an hour into the event—and more trickled in throughout the night, with the number of students reaching up to 200. It’s not hard to see why students are lining up outside for these events. Pint 405 is like a cross between your neighbourhood pub and a nightclub. The music throbs and the dance floor is packed, but a plethora of craft beers are also served on tap.

Telka Pesklevits, the women’s representative for the DSU, said that the beginning of each semester is often the time when students participate most in pub nights.

“It always seems to be busier near the start of the term,” she said.

There is still plenty of student engagement throughout the term, however, and the DSU hosts plenty of other events, including movie marathons and free food events.

A student at the event, Aldrin Johnny, seemed grateful for the work that the DSU does, and expressed his enthusiasm for the pub night.

“It’s one of the best parties I’ve been to,” he said.

The DSU’s events weren’t always so well attended, but now that they have a base, the DSU is planning on



Photo by Telka Pesklevits

making a difference. Aran Armutlu, the director of finance for the DSU, said that they were focussing on one issue in particular over the next few terms.

“One campaign we’re going to be pushing quite hard is our open education resources campaign. Open education resources are anything, any sort of course material that is developed to be in the open, public domain,” he said. “So, what it does is it makes it free of charge for students ... it’s something that

students can really relate to. Sometimes when you talk about tuition, interest on student loans, it’s these grand issues that can sometimes be hard to grasp.”

Armutlu went into detail about open education resources and what it means for students and professors. Open education resources are more than just free textbooks, but a way for students and their instructors to engage each other, often by creating and sharing their work.

“Open education resources are

fascinating because it opens up a whole world of collaboration between students and instructors,” he said. “I’ve even heard of classes where students have created study guides and given it out for other students to use.”

To learn more about the DSU’s open education resources campaign visit: <http://www.thedsu.ca/advocacy/campaigns/open-textbooks-now/>

# Forum discusses New Westminster waterfront redesign

› Professor urges consideration of marginalized populations

Colten Kamlade  
Staff Reporter

Potential social problems of redeveloping New Westminster’s waterfront were discussed at the most recent Urban Challenges Forum, a series of events hosted by Douglas College.

The City of New Westminster has been working on a plan to revitalize the old industrial part of the city by making it more appealing to businesses and residents. This includes hosting festivals, creating greenways and parks, and connecting neighbourhoods to the riverfront.

Dr. Eugene McCann, a professor of geography at Simon Fraser University, raised questions of who might be included or excluded from the re-imagined riverfront. He discussed issues concerning homeless people, youth, and other groups. One of his central points was that public space is a resource for some of the most marginalized in society, and that it is undesirable to exclude them from it.

“Public spaces are also spaces of respite, they’re spaces of rest,” McCann said. “I was working on a project over the last couple of years with people who were homeless and marginally

housed in Vancouver, and they talked about how the parks and the beaches of Vancouver were so important to them as places where they could just hang out and have a rest sometimes.”

McCann acknowledged some people’s unease with the idea of intentionally accommodating the homeless when redeveloping.

“Should we design all the discomforts out of public spaces, can we go too far in trying to manage all those discomforts, or is one of the fundamental aspects of public space that it is a space where we encounter difference?” he asked. “Public space tends to be, again ideally, a space where one encounters difference ... whether that difference be ethnicity, class, or whatever.”

McCann finished by showing two pictures that epitomized two different approaches to urban development. One of a Camden bench, a piece of concrete street furniture that is impossible for the homeless to sleep on, and a RainCity Housing project that turned street benches into shelters for homeless people to rest under.

McCann said he was not accusing New Westminster city planners of trying to exclude the homeless from public space. He said his intention was only to



Photo of Eugene McCann by Analyn Cuarto

raise questions he thought were important to keep in mind as the city goes through the process of redeveloping the riverfront.

McCann finished by reiterating his main point, that public space is something that is important to everyone.

“Public space, in that sense, is a resource for the most marginal, whether it’s by doing something like collecting bottles within the space, or doing other things that are illegal, it is nonetheless a resource, economically and socially.”



- ☑ Chairman of the Board: Random chance
  - ☑ 'Anne' and 'Kim's Convenience' lead Candy nominations
  - ☑ Dating has never been so psychologically traumatizing
- And more!

# Chairman of the Board: Random chance

> 'Quelf' board game review

Ed Appleby  
Senior Columnist



Is it possible to be too creative?

*Quelf* (2005) is a party game for three to eight players designed by Robb Earnest, Jeremy Fifer, and Matthew Rivaldi, and published by Wiggity Bang Games. In the game, players roll dice and move along a board. Each space has a task that needs to be accomplished or the player receives a penalty. These tasks can include "showbiz," "stuntz," "quizzel," or "scatterbrainz." There are also "rulez" cards that change how the players can play the game. The first player to reach the end and win the end "scatterbrainz" card wins.

The gameplay of *Quelf* is very active, with many of the cards requiring players to get up and move. The trivia questions range from difficult to insanely simple, which nips the issues I normally have with trivia games in the bud. The "scatterbrainz" cards are by far the most fun, forcing players to list off words associated with a theme as fast as possible without repeating any.

However, where the game really

suffers is the "creativity." Shifting rules can be fun—as in the case of a game like *Fluxx* (1997)—but *Quelf* takes it to the extreme, implementing rules that break the game, or can lead to awkward situations among the players, and yet never actually change how the game is played. Every card may or may not be read aloud, and may or may not have secret rules, which either leads to the players messing up or carefully reading the rules in a long process that slows down the game.

I would argue that *Quelf*'s "creativity" isn't actually that creative, but more "wacky," if anything. There's more to being creative than adding a "z" to the end of all of your cards and getting someone to do another's hair during the game. Creativity in board games should involve tactics and strategy, and getting players to think on their feet. It should be about how you play the game, not how you are forced to play the game.

There are definitely certain groups that may find this game fun, such as intimate groups of expressive people who are game for anything. However, as an icebreaker game, or a game to pull out among acquaintances at a social event, I would give *Quelf* a pass.



Illustration by Ed Appleby

# Movie series shares appreciation for French and francophone culture

> Rendez-vous Cinéma events

Caroline Ho  
Arts Editor

If you're interested in learning more about the French language and francophone cultures, meeting others who share your interest, or simply watching award-winning movies at Douglas, the Rendez-vous Cinéma series is your perfect chance.

Presented by the Department of Modern Languages, Rendez-vous Cinéma hosts free, open-to-all screenings of French films with English subtitles, followed by discussions of the films in French, with several events throughout the semester.

However, students who are interested in attending but feel uncertain about their French language skills should not hesitate at all to join, says Carine Hirschi, a French Instructor and one of the event organizers, who spoke with the Other Press in an email interview.

"The event is totally accessible to people who do not speak French, not even a little bit, but who are open to listen to a film in French," wrote Hirschi.

In addition to the English subtitles,

the introduction to the film and the discussion afterward are largely bilingual, so everyone is able to enjoy the movies and to participate in the conversation if they wish. The discussion gives everyone an opportunity to share their reactions to the content, themes, and the making of the films.

Hirschi said the organizers have tried to choose films that showcase different geographic areas of the francophone world and different cultures, as well as a variety of cinematic genres. Last semester included an animated film based on West African folktales, and this semester's lineup features movies about Algeria, Canada, and Paris.

The movies have also been selected based on their social and cultural significance, addressing themes such as "dealing with disability, cultural clashes, the question of evil and suffering, religious beliefs, standing for peace in times of upheaval, [and] happiness," wrote Hirschi.

Last Wednesday, Rendez-vous Cinéma screened *Des Hommes et Des Dieux* (2010), a film about the Algerian Civil War and religious strife. On Wednesday, February 21, they'll be watching *Bon Cop, Bad Cop* (2006), a



Image via Rendez-vous Cinéma poster

comedy-thriller featuring Québec and Ontario police. Wednesday, March 21 will be *Amélie/Le Fabuleux Destin d'Amélie Poulain*, a whimsical romantic comedy about its titular character's quest for happiness. All screenings begin at 4:45 p.m. in Room N2203 on the New Westminster Campus.

The Rendez-vous Cinéma series

began in Fall 2017 and is now into its second semester. Attendance has been modest so far, said Hirschi, but not at all limited to people from the Modern Languages Department—it's been people of all ages, including students, employees, and visitors to Douglas, all linked by their interest in the francophone world.



# Long-awaited, fan-made Voldemort origin story finally up on YouTube

› 'Voldemort: Origins of the Heir' review

Veronica MacKillop  
Senior Columnist

**H**arry Potter fans are a devoted crowd, and are always looking for more content from the beloved franchise that ended six years ago with its eighth film. While we wait for the next installment of the *Fantastic Beasts* franchise, Italian independent film studio Tryangle Films has created *Voldemort: Origins of the Heir*, the Dark Lord origin story we've always wanted.

Since a Kickstarter for the project was launched in 2016, people have been avidly supporting and anticipating this fan adaptation, and as of the time of writing it has already been viewed over 10 million times since its January 13 release. After the Kickstarter began, Tryangle Films ran into some issues with Warner Bros. issuing a takedown notice, but they reached an agreement and the film was able to start production once it raised €15,000 from the campaign.

Considering the fact that this 52-minute, straight-to-YouTube movie is an amateur production that made no money off the project, the film has very impressive visual effects, sets, and actors.

It's not without flaws, however; director Gianmaria Pezzato makes some interesting choices with camera angles, some of the dialogue is pretty strange, and the poor English dubbing is a little distracting, but overall it is a very enjoyable film that fits quite nicely with the franchise.

The actors are convincing for the



Promotional image for 'Voldemort: Origins of the Heir'

most part, though sometimes the delivery of the dialogue seems a little off. In addition, in one of the flashbacks the characters are supposed to be 12 years old, but the same actors, who are in their mid-20s, play the roles. Also take note that the film is definitely aimed at hardcore fans—it makes a lot of references to the books and movies that could easily be missed.

The plot follows Grisha McLaggen, an original character—although the McLaggen family is canon in the *Harry Potter* universe. She is the heir to Godric Gryffindor; one of the four heirs in the film, another of which is Tom Riddle, the heir of Salazar Slytherin. Grisha

is captured and questioned at the Russian Ministry of Magic, where it is revealed that she's trying to find Tom Riddle because she suspects him to be involved in a string of murders. The film is told mostly in flashbacks, and it has a pretty interesting twist ending.

*Origins of the Heir* is not an official part of the franchise, so its creators didn't have to follow any rules, but, knowing *Harry Potter* fans would be highly critical, Pezzato made sure to do his research. Although some things are definitely not canon, for the most part the events could very well be. We only know bits and pieces of Voldemort's adolescence, and

this film does a nice job of portraying what his time at Hogwarts and shortly after could have been like. It would have been interesting to see more canon events such as Tom opening the Chamber of Secrets, but it's understandable that the filmmakers wanted to focus more on events we didn't already know about.

Overall, considering the sheer amount of fanfiction that exists based on the world of *Harry Potter*, this film is notably impressive and enjoyable. It is no *A Very Potter Musical*, but it's quite an interesting story that clearly had a lot of hard work put into it.

# The most important tabloid ever written

› 'Fire and Fury: Inside the Trump White House' book review

Greg Waldock  
Staff Writer

**T**he line between journalism and tabloid journalism is quality, content, and intent. Given that, it can be hard to argue that Michael Wolff's provocative tell-all *Fire and Fury: Inside the Trump White House* is anything but pure tabloid journalism at its most egregious—if it weren't for the horrifying accuracy behind everything he writes.

The story Wolff tells feels like a cross between *House of Cards* and *The Producers*, a terrifying combination of professional schemers and a comedy of errors that led to the most internationally-embarrassing individual ever to sit in the Oval Office. It's a story only Wolff was in the position to write, but it should have been shared by a more talented teller.

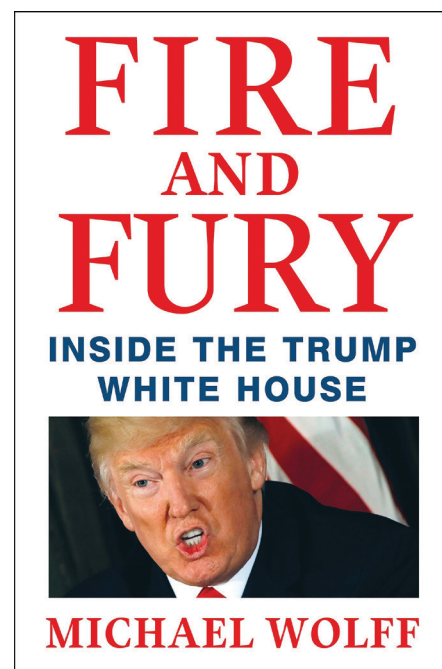
At its best, *Fire and Fury* is an extraordinary work of modern journalism. Wolff pulls on his 18 months' experience as something truly unique in the White House: A fly-on-the-wall that actually went unnoticed. He was able to conduct informal interviews with some of the most famous (and infamous) people

in the political world, as shown in the astoundingly personal level of detail he displays with all his subjects, President Trump most of all. Wolff's knowledge of the situation in Washington is borne of both lived experience and meticulous research, and it lends a colossal amount of authenticity to a subject that could so easily be fabricated. This detail—where all the major Trump players (from Sean Spicer to Ivanka Trump to Michael Flynn to Donald himself) are fleshed out on an extremely human level—is the true strength of the book, making it such a hugely important piece of this enormous political puzzle.

At its worst, however, *Fire and Fury* is messy, confusing, and poorly sourced. The sentence structure is convoluted, the larger book structure is almost nonexistent beyond being basically chronological, and Wolff's vocabulary switches from pretentious to frustratingly inadequate at the drop of a hat. This is a book in dire need of an editor. Understandably, it was released quickly to keep up with the changing political scene, and the hastiness shows. The loudest and most valid criticism of both Wolff and his book is that important information is

sourced seemingly at random. Sometimes he'll name-drop a minor staffer or a massive media mogul, and sometimes he'll neglect to mention that a quote is clearly from Steve Bannon or Spicer. The poor writing and sourcing will tragically mar the book's reputation as an important piece of political journalism, placing it more firmly in the realm of tabloid journalism, though this categorization may lead to its success in the long term as a sensational piece of media.

*Fire and Fury* is gossip: It's a description of wild celebrity personalities and it spills the beans on their private emotions, sex lives, and personal opinions. It's flagrantly unsympathetic to its subjects and almost exploitative in its interrogation of its subjects' loved ones. This isn't a criticism on my part—far from it. An ethical paper journalist would never have done what Michael Wolff did in this book. A tabloid journalist, however, would, and that's exactly what Wolff is. *Fire and Fury* is not the moralistic and structured takedown of a corrupt regime, it's an uncomfortably precise celebrity gossip rag about the celebrity who holds the nuclear codes.



Cover of 'Fire and Fury' via Amazon



# Dating has never been so psychologically traumatizing

> 'Doki Doki Literature Club' game review

Caroline Ho  
Arts Editor

★★★★★

**W**arning: This is absolutely not your typical, lighthearted dating sim.

At first glance, *Doki Doki Literature Club*, created by Team Salvato, appears to be a standard high school romance visual novel. It features four girls with very different personalities presented as potential love interests, cutesy anime-style art and aesthetic, and simple minigames that influence the story's direction.

However, the game also contains some intensely dark and unsettling material. The game's website includes a warning that it's "not suitable for children or those who are easily disturbed," but even with that cautionary message, prepare to be blown away by the psychological depth.

In *DDLC*, you play as a boy joining your high school's literature club and meeting four other members: Sayori, your childhood best friend, who always tries to cheer up everyone else; Yuri, the quiet, mysterious book-lover; Natsuki, the youngest, with the cute-but-tough front; and club president Monika, who acts as your guide to the game. Gameplay primarily consists of writing poems by selecting words from a list. Depending on which words you choose, your poems will appeal to the distinct tastes of either

Sayori, Yuri, or Natsuki, bringing you closer romantically to one of the three.

These elements probably sound like staples of dating sims, precisely because the game gets very meta. I can't exaggerate the extent of this game's self-awareness, which is rolled out with devastating brilliance over the course of the playthrough. Even if you haven't played many visual novels (I hadn't), if you know anything at all about the genre or its tropes you'll recognize how completely and effectively *DDLC* subverts genre conventions.

Consequently, the characters in this game are all incredibly compelling. Although the girls' personalities seem stock at first, through your poems the game draws you deeper into their heads and into the serious internal

struggles they face. The game offers a brutally believable portrayal of mental health issues and the innocuous guises these issues often take—which is what makes *DDLC* so powerful, yet so psychologically horrifying.

Like most visual novels, the game has multiple endings depending on your choices, so with repeated runs you can immerse yourselves even more deeply into each character's psyche and struggles. I'll admit I've yet to play through every ending myself; as completely enthralling as this game is, a single run has so far been emotionally exhausting enough.

*DDLC* also imparts some genuinely profound ideas about the value of literature and expressing yourself through writing. Interspersed with the soul-crushing horror are some surprisingly

encouraging tidbits about what poetry can mean for different readers and writers. You might walk away from this game feeling inspired to do some creative writing yourself, if you haven't been consumed by utter despair by the end.

The music, however, is the aspect that truly makes the game. Composed by Dan Salvato (like almost every other component of *DDLC*), the bouncy main theme creates a vivacious atmosphere, and it ties the whole game together beautifully.

The game can be downloaded for free on its website (<http://ddlc.moe>), but a contribution of \$10 or more also gets you access to the *DDLC* Fan Pack, with exclusive music and art, if you want more reminders of how deeply this game has permeated your consciousness.



Promotional image for 'Doki Doki Literature Club'

## 'Anne' and 'Kim's Convenience' lead Candy nominations

> Getting ready for the Canadian Screen Awards

Jerrison Oracion  
Senior Columnist

**C**anadian film and television last year showed that Canada has a place on the international stage of the entertainment world. There were a lot of great films that you might have seen in a movie theatre, film festival, or art house theatre. A lot of shows were so successful that they were shown internationally.

All that great Canadian content in 2017 will be recognized in the Canadian Screen Awards this year, unofficially called the "Candys." The nominations of the Canadian Screen Awards this year were announced on January 16 by *Kim's Convenience* star Paul Sun-Hyung Lee, Sarain Fox, and Karine Vanasse.

The nominations for Best Film are *The Ravenous*, *Never Steady, Never Still*, *Maudie*, *The Little Girl Who Was Too Fond of Matches*, *It's the Heart that Dies Last*, *The Breadwinner*, and *Ava*. *Never Steady, Never Still* and *Ava* have the most nominations, with eight each.

BC films have a lot of nominations this year, such as Kathleen Hepburn's award-winning first film *Never Steady,*

*Never Still*, which received three awards in the Vancouver International Film Festival last year, including the Sea to Sky Award. The film, which is about a woman named Judy (Shirley Henderson) who struggles with Parkinson's Disease, also has a nomination for Best Actress thanks to Henderson, who plays the role very well.

The other film with the most nominations is Sadaf Foroughi's first film *Ava*, which follows a teenager in Tehran and depicts day-to-day life in Iran.

Other BC films in the running in different categories are *Adventures in Public School* (formerly *Public Schooled*) for Best Original Screenplay for Kyle Rideout and Brian Epstein's script, and Mina Shum's most recent film *Meditation Park* for Best Actor for Tzi Ma, who plays the character Bing. I thought they could have also given a nomination for Cheng Pei-Pei, who is very funny in *Meditation Park*. *Indian Horse* is also nominated for Best Supporting Actor for Sladen Peltier.

In drama, *Anne* has the most nominations—and the most nominations of all categories—with 13 nominations, including Best Drama and Best Actress in a Drama for Amybeth McNulty for her portrayal of Anne Shirley Cuthbert.



Still from 'Never Steady, Never Still'

In comedy, *Kim's Convenience* has the most nominations with 12, including Best Comedy. Almost every actor in the show was nominated except for Simu Liu, who plays Jung, and who had a few great scenes this season. Also, Nicole Power, who plays Jung's boss Shannon at the Handy Car and Truck Rental, is nominated for Best Supporting Actress in a Comedy.

In miniseries, *Cardinal* has the most nominations with 12, including Best Miniseries, and because of its success it is now a full show. *Alias Grace* is also up for Best Miniseries with 11 nominations

and it is also nominated for Best Actress in a Miniseries for Sarah Gadon.

In variety, *The Baroness von Sketch Show* and *Rick Mercer Report* both received the most nominations with eight each, including Best Sketch Show.

You can still watch the nominated films and shows, and now that Netflix is a sponsor of the Canadian Screen Awards, most of them are available through the streaming service. The Canadian Screen Awards ceremony airs March 11 on CBC, though this year's host has yet to be announced.



# LIFE & STYLE

- ✓ Beauty on a budget: Essence Metal Shock Eyeshadow
  - ✓ Better active listening
  - ✓ Canada doesn't have a nuclear attack warning system—yet
- And more!

## Immovable

### > Maintaining identity in times of major change or crisis

Brittney MacDonald  
Life & Style Editor

Once established, your identity is probably the most precious thing you could ever have. I'm not talking about "identity" as an aesthetic, throw-away term that today's social media has many millennials claiming as their "brand," but a true and honest security in who you are, what you're capable of, and what your limits are. I have worked hard to find my identity, and to be comfortable with it. Everything from my fashion choices, how I speak, and how I interact with the world around me—all of this is part of my identity, and it is something I maintain with pride by refusing to let insecurities get the better of me. However, that doesn't mean that your established identity will never be tested.

In times of major change or

trauma, it becomes very easy to lose yourself—to essentially lose your identity—and revert back to a childlike state of being unsure and frightened; especially in emotionally fraught situations. Sometimes this is okay, but when people are depending on you to be strong, having a breakdown will often make everything worse.

Recently I have found myself in situations where I have had my self-assurance tested, and I have struggled to situate myself in a way that neither ignores the situation at hand, nor allows me to fall into a sobbing mess of anxiety and depression. However, I do have two tips for dealing with all of this:

#### Develop a mask.

Usually I would advise against this, as it is essentially "fake it till you make it." In hard times, it can become necessary to give the illusion that you're okay—even

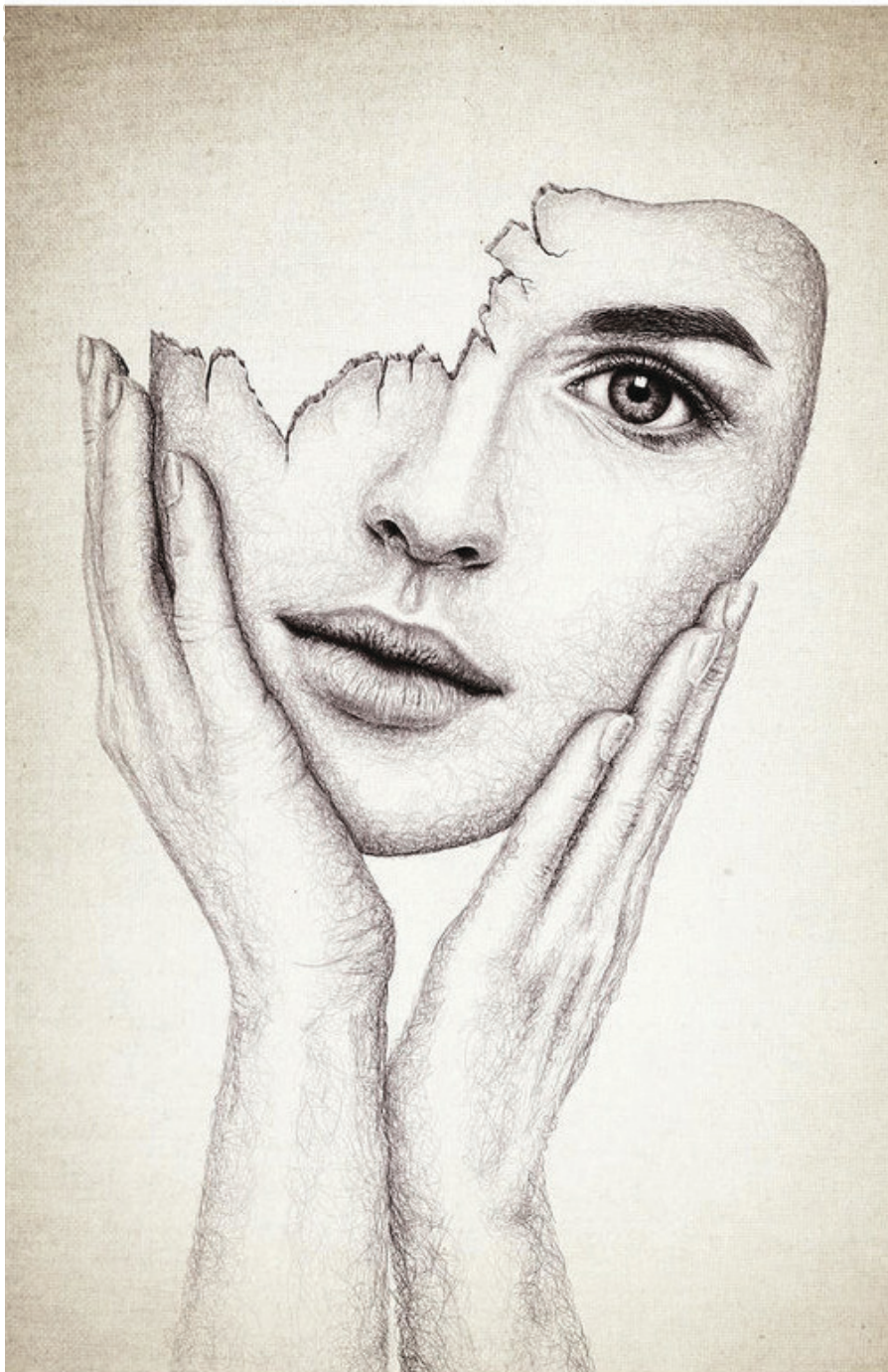
if you're not. You do this so you don't worry those around you, and so that the situation doesn't become all about you and your problems. We all know that one person, the one that can never be a shoulder to lean on because they're too self-absorbed to see the hurt or fear in anyone else. Don't be that person. Be yourself, or rather, the you you were before the triggering event. You don't have to maintain this all the time—which brings me to my next point.

#### Compartmentalize.

Use your mask to separate when it's appropriate to express your own emotions and when it is not. This is especially important when you have situations that involve other people, such as after the loss of a loved one, when dealing with news of a terminal illness, or when you need to maintain a job and still have classes to attend.

Knowing who you can break down in front of and when you can have a nice cry will prevent you from bottling everything up and lashing out. This is especially important for people who define themselves as introverted, or dislike being at the center of overly emotional public displays.

The phrase "times are tough" was obviously created by someone that never experienced any hard times—especially if its creator intended it to sound as dismissive as it does. Times of major change or trauma aren't "tough"—they're destabilizing, confusing, emotional, and just plain shitty. However, being able to maintain your identity during these times will help you recover faster from whatever events caused you to question yourself and who you have worked so hard to become.



'Broken Mask' by Francesca Sullivan

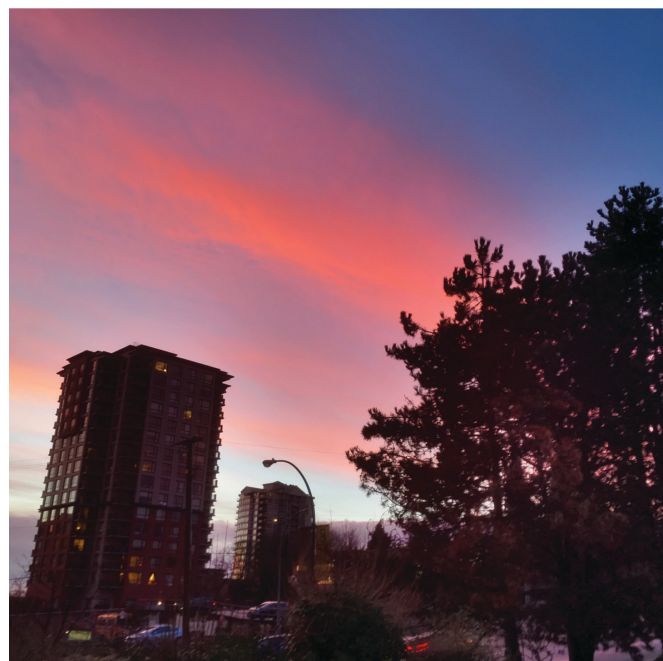


## #DOUGLIFE

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chryslamy The sky get inspired after arts class #sky #student #saturdayclass #douglascollege #newwest #photography #nofilter #colors #inspire

This week's post is by @chryslamy



# The evolution of crisis hotlines

Offtentimes it’s not as easy as just picking up the phone

By Rebecca Peterson, Assistant Editor

***Content warning: This article contains mention of suicide ideation, crisis, and mental illness.***

Living with mental illness means that you constantly have to count and maintain your lifelines and safety nets for those moments when your brain starts to fail you. Knowing exactly who you can call and when is not unlike carrying an EpiPen around in case of an anaphylactic attack. I should know; as someone with a deadly allergy to peanuts and a severe mental illness, I keep an EpiPen in my bag and a list of options in my phone: Friends, family, and, for harder times, crisis hotlines. I’ve used such services once or twice before, and while the hotlines haven’t exactly solved my situations in the past, they’ve offered a bandage of sorts until I can find something better, and they have helped me assess whether or not I’m safe to stay at home, or if I require further help—which is really what they’re there for; they provide an intermediate step. I’ve also seen lists of crisis hotline services that include text and online chat options, which I found encouraging in the past, knowing that if I was in a place where I couldn’t speak freely or if I’d gone nonverbal—as my mental illness sometimes causes me to do—I’d be able to access the help I needed regardless.

Two weeks ago, I was in such a position, and I was deeply disturbed when I discovered first-hand the limit of text and online services.

Calling and talking about the severe suicide ideation episode I was experiencing wasn’t an option in my hotel room, where the walls were thin and I could perfectly hear the conversations taking place between my neighbours next door and across the hall. I was in another city, far from family, in another time zone even, and there are conversations that are far easier to have with strangers than with loved ones. Remembering those online text and chat options, I set about looking for the services I was sure would be there to help someone in my position.

At midnight on a Friday, a lonely time for many people who might have had a long, hard, and draining week, I was utterly unable to find the kind of service I so desperately needed at the time.

Many of the chat services were region-blocked, only operated from 3 p.m. to 9 p.m. on weekdays, or were only available for youths under 21—the list of restrictions goes on and on. When I finally found a chat that seemed open, I waited for half an hour, watching the spinning “loading” wheel indicating that a counsellor would be available to talk soon, just a few minutes... just few more minutes... It wasn’t just frustrating. It wasn’t just lonely, or even just physically painful—if you’ve never had a severe depressive episode, there’s no way to describe how the body caves in on itself, as if your muscles are beginning to atrophy from the emotional strain. It was dangerous.

Luckily, I balanced my medication better the next day, and have since recovered. One of the few benefits to a chronic mental illness is experience; you learn the ebbs and flows of mood and mental failings and how to manage the fallout from such episodes. However, my unease at realizing the safety lines I thought existed were not as secure as I thought they were has yet to leave me. I discussed this Cara Seccafien, one of our artists and layout designers for the paper, and they also pointed out the people this lack of accessibility might be effecting.

“This is so real, [especially] for folks who are being abused by those who live in their homes,” they said. “Or if you’re in the closet and don’t want people hearing you talk about being gay or trans, or if you have social anxiety, or you’re deaf, or hard-of-hearing, or mute, or you don’t have a phone because you’re poor.”

“Or if you’re in public. You can’t just talk about suicide ideation on the SkyTrain,” I added, thinking of my own experience. Campaigns to bring light to mental illness and to reach out to those who suffer in silence often put emphasis on the importance of communication. In one particularly stark public awareness campaign that was plastered on the advertisement boards of public transit for a while, a figure in shadows blows smoke from the top of a silencing finger, hand shaped like a gun. “Silence kills,” the caption reads, adding “Speak up. Help prevent suicide today.”

The campaign was funded by the Josh Platzer society, founded by Jude Platzer in 2001 after the loss of her son to suicide. The website—teensuicideprevention.org—is clearly geared for younger people, who are often the most at risk. It cites four numbers to call in a crisis: Kid’s Help Phone, the 24Hr Distress Line, 1-800-SUICIDE, and 911. There are no chat options available.

There are certainly reasons for why crisis centres may prefer a hotline to a chat service. Many crisis calls are a delicate balancing act of trying to say the right thing to persuade someone in distress to find help, or accept help found for them. It’s impossible to judge certain aspects, such as tone of voice, over a messaging service. However, while it adds a level of uncertainty for those on the helping end of the chat, that added security of anonymity could help people open up to deeper pains and fears. How often have we revealed parts of ourselves to our friends through instant messaging and texting?

While the government-funded resources and organizations certainly leave something wanting in terms of chat accessibility—as with many things these days, there is an app for that. Sites and phone apps such as 7 Cups of Tea and BlahTherapy offer anonymous chatlines for venting, with a dedicated listener on the other end. As this is a peer-counselling style of crisis intervention, there is some question regarding the training and wellbeing of those on the other side of the conversation. 7 Cups of Tea seems to vet their peer counsellors with an online training course on active listening and direct intervention—knowing when to refer someone to a licensed therapist, for example—however, BlahTherapy offers a choice of speaking with untrained “strangers,” or paying a fee to contact a professional counsellor or therapist through their services. While these initiatives seem to be successful and have certainly helped many people find the help they need, I can’t help but find it absolutely wild that we’ve gotten to a point where we’re essentially crowdsourcing crisis intervention.

When it comes to suicide, the numbers are staggering. According to 2014 statistics from the World Health Organization, suicide is the second leading cause of death among 15 to 29-year olds globally. The Canadian Association of Suicide Prevention states that we lose approximately 11 Canadians to suicide every day, and the Mental Health Commission of Canada further states that among those 11, 90% will have a known history of mental illness. The BC Coroner’s Report from 2014 states that the suicide rates in our province sit at approximately 500 each year. I’ve lost two friends to suicide, so those numbers are very real to me.

“Why didn’t they say anything?” people seem to ask. “Why didn’t they reach out, before it was too late?”

It is not a malicious oversight on the part of those funding crisis intervention initiatives. While there is something to be said for the lack of government support when it comes to mental health care in our province and in our country at large, there have been drives and campaigns to change the numbers, to lower the amount of lives lost to suicide every year. However, I think it comes down to a fundamental disconnect; young people are most at risk. Young people have grown up relying on a very different method of communication compared to previous generations. Young people need crisis intervention initiatives that reflect their realities, that take into account people who fall through the cracks of our current systems.

Young people need to know that they have safety nets and lines of communication that they can rely on, no matter where they are, who they are, and what they might be facing.

## YouthInBC.Com

Offers online chat between 12 p.m. and 1 a.m. in BC and the Yukon.

## 24/7/365 Crisis Hotline

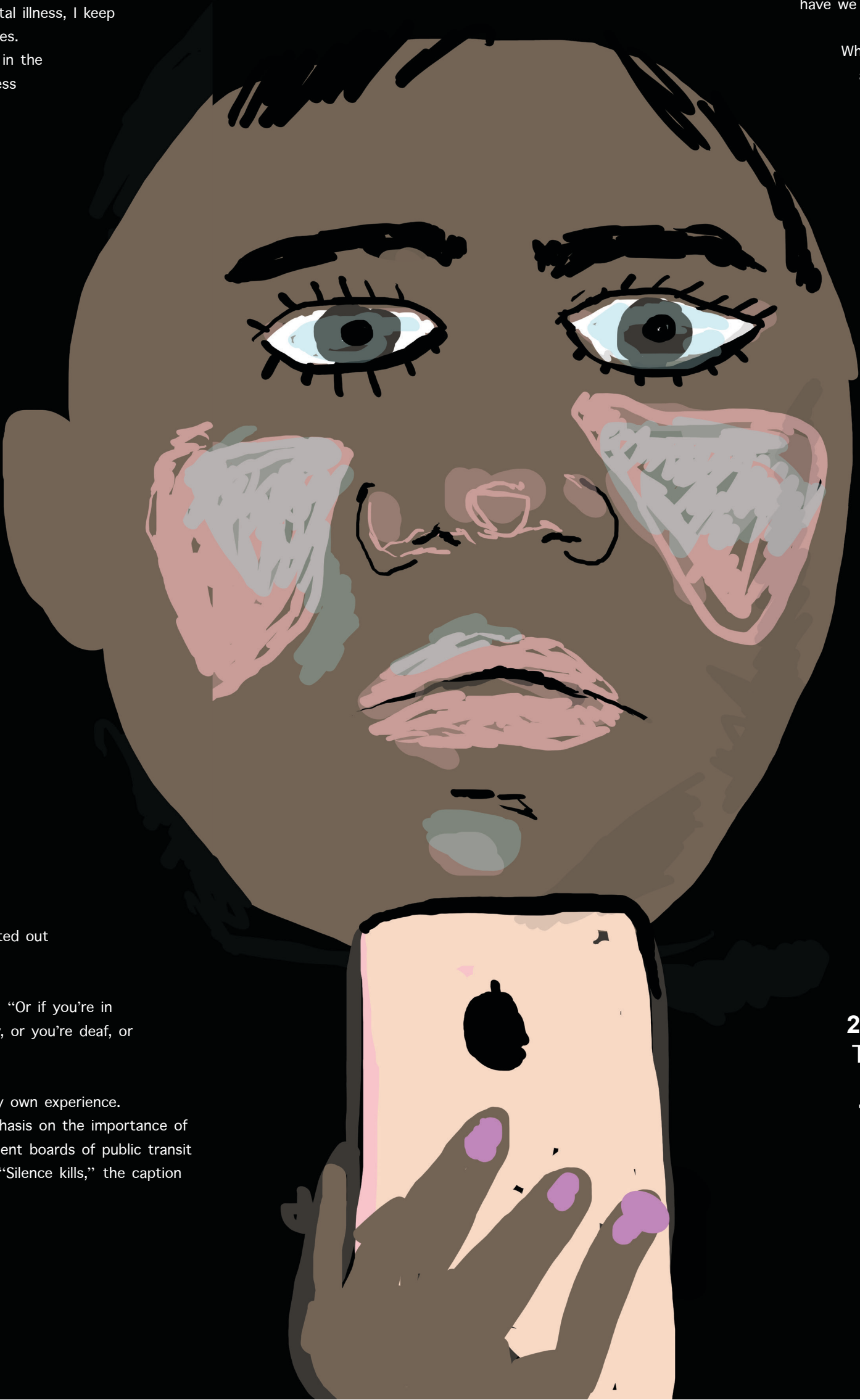
Text: “ANSWER” to 839836. Standard messaging and data rates apply.

## 7cups.com

Peer counselling and therapy available.

## BlahTherapy.com

Peer counselling and therapy available.







# Better active listening

> It's more than just making eye contact

Photo by Analyn Cuarto

Rebecca Peterson  
Assistant Editor

Most of us were taught about active listening in elementary school, weren't we? We were taught how to let people take turns in conversation, how to listen without interrupting, and how to look someone in the eyes and nod to show that we were hearing and understanding what was being said. These are the basic rules that we learn to play with as we get older, but not all of us can maintain eye contact too well, and I don't think I've made it through a single family dinner without interrupting... and being interrupted enthusiastically by fellow Petersons with points to prove.

However, when it comes to personal conversations—especially the heavier ones—many people struggle with how to listen in a way that *helps*. How many of us have felt wrong-footed and woefully inadequate as our loved ones outline difficult situations and tough problems they're trying to work through, as we try to find a way to show that at the very least, we care? In those situations, it's rarely about what we say; it's about how we listen.

With that in mind, here's a list of tips for better and more effective active listening, both for those fun work and school stories you share over coffee, and the harder situations where the best thing you can do to help is lend a caring ear.

**Stories tend to have a beginning, middle, and an end; stories your loved ones tell you will often also have a point.**

How often have you tried to tell a story or outline a problem to someone, only for them to jump in right at the beginning and barrel through without bothering to listen to what you're really trying to tell them? This may seem stupidly simplistic, but it's a principle we often forget to apply to the stories and situations our friends try to explain to us. Your job as an active listener is to see your friend through to the end. If you aren't sure if your friend has finished, or gotten to the heart of what they're trying to tell you, you can always ask before assuming; just make sure that you ask in a way that facilitates more conversation. Instead of asking "Are you finished?", which can sound impatient and like you're bored, relate it back to what they're saying: "So you're telling me your coworker stole your lunch, then was late coming back from their break? Have they done anything like this before?"

**Active listening doesn't have to be silent!**

Honestly, people rarely want listeners to stare at them zombie-eyed until they finish speaking. Giving feedback as your friend speaks and asking questions shows that you're really in the conversation with them, and trying

your best to understand what they're telling you. Just make sure that you're not dominating the conversation through your feedback! Remember—your job is to see your friend to the point of what they're trying to tell you. Anything you say should contribute to that goal. You can guide, you can encourage, but you shouldn't take the wheel.

**Before offering advice, make sure your friend is actually even looking for advice.**

Especially in emotionally fraught situations, it's always best to make sure you're giving your friend the response they need. If you're not sure, ask! "Do you just need to talk it out, or do you want my advice?" Often people are just looking for an empathetic ear or a sounding board, and not for an almighty guru who can show them the way. Ask, "What are you planning on doing next?" before offering any solutions.

**Anecdotal empathy is a tool best used sparingly, and wisely.**

It's impossible not to relate someone's experiences with your own, and by extension, it's damn near impossible not to want to share what you learned from your experiences with someone going through something similar. Sentiments such as "I know exactly how you feel" and "I've been through that exact thing myself" may

feel like empathetic responses, but can come across as dismissive.

If you do think you can genuinely help someone by relating your own experiences, always bring it back to the matter at hand. Make sure they know that you understand it's not all "exactly the same." Try, "I've been through something similar, this is what worked for me... I don't know if that helps." Don't be afraid to sound unsure; if someone is confused or distressed about something, sometimes it can be comforting to know that other people are at just as much of a loss as they are. False confidence helps no one in these situations.

**Feel with them... just not more than them.**

One of the least helpful things anyone has ever done was start crying when I told them that I'd gotten a strange call from the doctor about a blood test I'd had done recently for a heart condition. No one should have to comfort you for something that is happening to them. It adds stress to an already stressful situation. Remember, you're there to support, not be supported.

Knowing how to actively listen will not only make you an easier person to talk to, it will make you a better friend and confidant—which is what most people in high stress situations need.

## Bitchin' stitchin'

> 'Subversive' cross-stitch is cool

Jillian McMullen  
Staff Writer

I remember watching my grandmother knit all the time as a child. I was always in awe at how she could turn a pile of yarn into basically anything—hats, sweaters, even some overalls for my baby cousins. When I attempted it for myself as a preteen, all I could put out was a pretty basic scarf with rows that were either too tight or too loose. Since that first unfortunate experience, I've largely stayed away from craft-like activities. Until recently, that is.

Cross-stitching is one of the oldest forms of embroidery and is found in traditional textile arts in cultures all over the world. For the uninitiated, it is a counted-thread embroidery, which basically means the artist makes their design on a fabric with a grid weave by counting out x-shaped stitches to form an image. In the past, images I have seen have either been large-scale landscapes or the more common picture frame-sized work often with a phrase embroidered in the center and bordered with flowers. The latter is usually some

homey, family-oriented phrase you'd seen hanging in your aunt's carefully curated kitchen: Classics like "Live, Laugh, Love," "Meals and Memories Made Here," or "Happiness is Homemade."

For whatever reason, several of my close friends have recently taken to cross-stitching in their free time. Curious as to this sudden rise in the needle-working arts, I asked a few of them their reasons for picking up such a seemingly random hobby. I got pretty basic answers for the most part, most just claiming it was something "to do." One answer, however, both surprised and stuck with me: "I do it so I don't play on my phone so much." Cross-stitch, something I pretty much only associated with the generation of our grandparents, has become a way for us millennials to combat one of the biggest critiques of our generation.

Many of those new, young cross-stitchers are turning that aforementioned homey-ness on its head and are messing with the kinds of images and phrases they embroider, making them more relevant to modern popular culture. The movement is called "subversive cross-stitch" and often takes a tongue-in-cheek



Cross stitch by 21stCenturyGrandma on Etsy

approach to the craft. Pieces with "Bite Me," "Shut Your Piehole," or "Snitches get Stitches"—all with the traditional flower border intact, of course—are being sold in trendy craft fairs throughout the city. I think it's that unexpected juxtaposition of very traditional and very modern that makes this movement so popular.

If you're looking to get your own artistic aggression out in the oldest way possible, there's an entire online

company (conveniently also called Subversive Cross-Stitch) dedicated to providing would-be crafters with all the materials and patterns their snarky little hearts could ever want. The owner also has two books: *Subversive Cross Stitch: 50 F\*cking Clever Designs for Your Sassy Side* and *Subversive Cross Stitch: 35 Designs for Your Surly Side*, titles which I think both perfectly hint at the type of pattern available.



# Beauty on a budget: Essence Metal Shock Eyeshadow

> An affordable alternative to high-end cream metallic eyeshadow

Lauren Kelly  
Graphics Editor

Last year, I picked up a tube of Stila's Glitter & Glow Liquid Eyeshadow after a friend's recommendation. The product is a cream eyeshadow with a doe foot applicator that is highly pigmented, metallic, and glittery. I really loved the shade I got, but at \$31 each I never went back for more. Luckily, I recently spotted a product on Essence's display that seemed very similar, for one-sixth of the price—Essence's Metal Shock Eyeshadow.

The product itself is incredibly similar to Stila's, with the primary difference being that there is less chunky glitter in Essence's version. I picked it up in Stars & Stories, which is a super-wearable pinkish brown. The metallic look is pronounced if you use a lot, but you can tone it down to look more like a sparkly eyeshadow as well. I've worn it for a few days with different eye looks, and it has lasted the full day with no primer. With or without eyeliner, the shadow held its own and drew me compliments. It will definitely

be a go-to for me on days when I have less time for powder eyeshadow—especially since there's no sparkle fallout!—but still want a more dramatic eye look.

I will admit that I went with the safest colour, but for those of you who like to mix it up a bit more and aim for the dramatic, they have some good options. Solar Explosion and Moon Dust are gold and silver respectively, Galaxy Rocks is a dark gunmetal, Total Eclipse is a deep purple, Supernova is dark teal, and 1 Second to Mars is a vivid peachy pink. This is another area where Stila and Essence diverge; Stila's range is larger, but made mostly of various pinks and browns, while Essence's range is more limited but still more varied. It all depends on the sort of makeup looks you go for.

Essence's Metal Shock Eyeshadows are \$5.49 each, and you can buy them at Shoppers Drug Mart and online. If Stila's offering sounds more up your alley, it's a great product as well, but be warned—most Sephoras don't carry it, so do your research before setting out. Whatever you choose, I'm sure you'll fall for metallic eyeshadows like I have!



Image of product via Essence

# Canada doesn't have a nuclear attack warning system—yet

> At least we won't get tripped up like Hawaii

Greg Waldock  
Staff Writer

After the panic and subsequent backlash over Hawaii's nuclear attack false alarm, many people decided it would be prudent to see if their own countries have something similar. Given that, it's a touch surprising to learn that Canada has no method of instant warning over a nuclear launch, like texting or phone alarms—it only has the same TV and radio interruptions that served the last couple decades. Only in the past year has the Canadian federal government forced cell providers to allow for instant alarms.

Nuclear war preparedness in Canada has understandably fallen by the wayside since the days of the Cold War that began in the 50s. Canada in particular

has relaxed quite a bit in the military department. America, as expected, has not: Incoming missile alarms have been part of standard operating procedures for years, especially in high risk areas such as Hawaii. In fact, the recent Canadian government requirement for such an alarm system is likely only due to increased Russia/America/China/Korea tensions over the past year or two. We just don't seem to consider ourselves in any sort of great danger, and haven't for a long time. Even NORAD, the controversial combined American-Canadian aerospace warning system, is focused more on drug trafficking than actual nuclear threats.

The framework for new emergency notifications already exists; in areas near nuclear power plants, texts messages are already a major part of the meltdown

# Vegan Cuban picadillo

> A surprisingly hearty vegan stew

Brittney MacDonald  
Life & Style Editor

## Ingredients:

450 mL canned chickpeas  
pinch of salt  
1 1/4 tsp cumin  
1 1/2 tsp minced garlic  
1/4 tsp cayenne  
2 tbsp olive oil  
1 small onion (diced)  
1 bell pepper (diced)  
1 sweet potato (peeled and cubed)  
1 tsp oregano  
1/4 tsp cinnamon  
2 dried bay leaves  
240 mL stewed tomatoes  
1 tbsp red wine vinegar  
2 tbsp tomato paste  
1/2 cup green olives (sliced)  
1/2 tbsp olive brine

Begin by preheating your oven to 400°F. Drain the chickpeas thoroughly, then toss them in 1/4 tsp of cumin, a pinch of salt, 1/2 tsp minced garlic, 1/4 tsp cayenne, and 1 tbsp of olive oil. Lay evenly over a baking sheet, and roast them for 15 minutes, then set them aside.

Next, prepare by draining the stewed tomatoes and setting them aside.

Heat the remaining olive oil in a large pan, and sauté the onions, bell pepper, and remaining garlic until the onions begin to turn a little brown around the edges.

After that, add the remaining cumin, the oregano, bay leaves, and cinnamon. Let that cook until you can really smell cinnamon, as this means that the veggies have begun to absorb the various spices.

Once that occurs, add your tomatoes, vinegar, tomato paste, sweet potatoes, and a sprinkle of salt and pepper.

Lower the pan to medium heat and cook covered for approximately 10 minutes, or until the potatoes are tender.

Once the potatoes are done, add in the now-roasted chickpeas that you set aside earlier, as well as the olives. Stir thoroughly, then serve!



Image via CotterCrunch.com

warning systems. Establishing something similar around major coastal population centers and military bases for a ballistic missile attack should be relatively easy to do. Given that, it may be a touch surprising that it doesn't already exist, but if Hawaii is proof that it can work—as Hawaii already has something similar in place. Hawaii is also proof that it can fail. Much of our nuclear program is more manual and less computer-operated than most people suspect.

Hawaii's system is a dead man's switch, meaning that the watch station needs to be checked in on three times a day or the alarm automatically goes out. The understandably tight-lipped Emergency Management Agency has only said that an employee had pushed the wrong button during one of the shift

changes, immediately triggering the alarm and causing a state-wide panic. The reliance on human operators prevents hacking and remote controlling of nuclear weapon and defense systems, but it opens the door for human error. That seems to be a PR disaster in waiting that the various Canadian governments over the years have felt comfortable avoiding until recently.

More information is likely to emerge over the coming year as the federal government, along with the Canadian militaries, American militaries, and NORAD attempts to build a Canadian instant public warning system. With Vancouver, Victoria, and the Canadian Forces Base in Esquimalt so close to each other, we in BC should hear a lot about it—though hopefully not by accident at eight in the morning.



# OPINIONS

- ✓ Presidency is not for celebrities
- ✓ The freedoms we take for granted in Canada
- ✓ Stop sensationalizing science
- And more!*

## Don't call dogs ugly—they have no beauty standards

> All dogs are perfect in their own way

Jessica Berget  
Opinions Editor

Every time I see a dog, I can't help but gasp.

I think all dogs are beautiful, innocent creatures with no hate or malice in their hearts. They live to be best friends and companions to their owners and beam with joy when they are given love or affection. They are sweet, dopey, little babies who only want to love and be loved, so it rightfully breaks my heart and angers me when I hear someone say a dog is ugly.

Dogs have no concept of beauty standards, so it's weird to project narrow guidelines of what you think is beautiful onto a creature that licks its own butt. Sure, the dog probably doesn't understand that you just called it ugly, but it's still rude to make a negative judgement about a dog you don't even know, and just outright mean to call it ugly just because it's not the kind of dog you find attractive. That dog could be the sweetest, most precious thing ever, but by shooting it down simply because you don't find their appearance or breed appealing, you'd never get to know it's true beauty, and that's your loss. Just because they are not a type of dog you like, or you don't appreciate their aesthetic, doesn't mean they are ugly—it just means you have

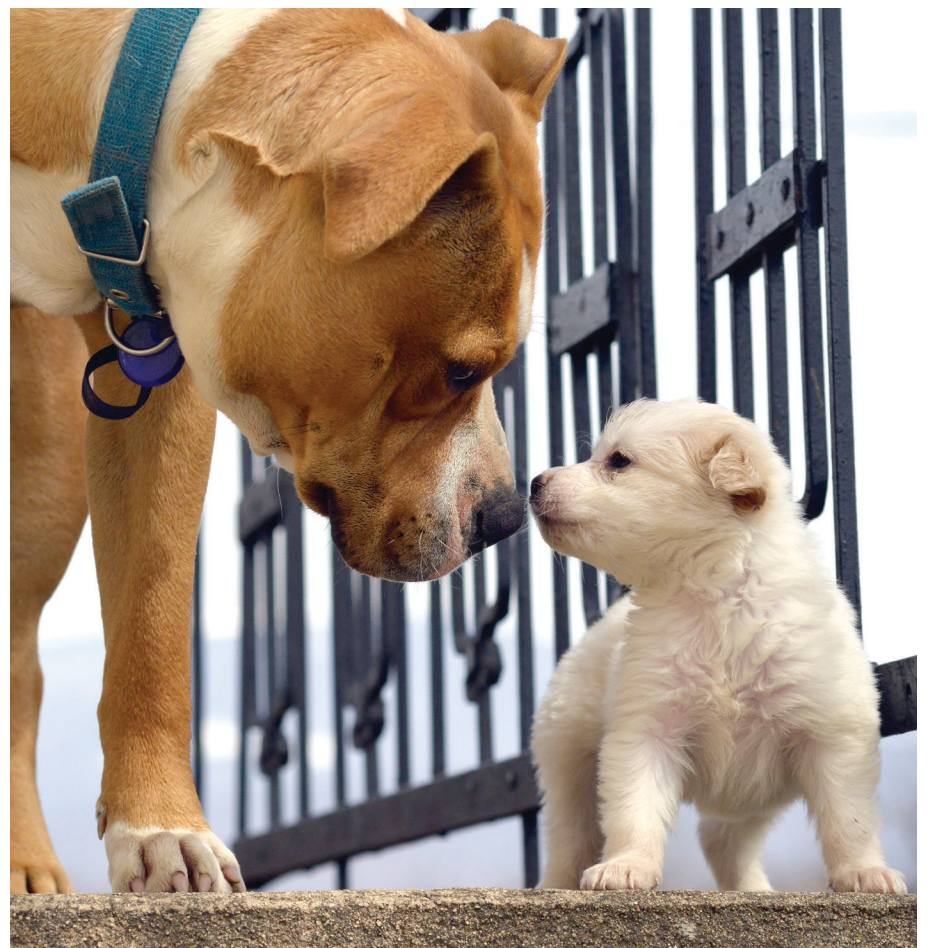
a shallow idea of what constitutes a “cute” dog.

Even if a dog is ugly, so what? They probably still have a loving and affectionate personality, as most dogs do. If they are good dogs, who cares what they look like? On the other hand, some dogs might be adorable, but have awful personalities. You can't judge a book by its cover, and the same goes for dogs.

This standard of beauty that people have for dogs isn't as harmless as one may think. It has some serious ramifications when it comes to adoption and helping dogs find homes. Amstaffs, chihuahuas, and pit bulls are among some types of dogs that are much less likely to be adopted, and more likely to be euthanized because they don't fit the popular consensus of what is “cute.” They can't help how they look, but because of people judging dogs based entirely on their looks, they pay the ultimate price.

You may think I am overreacting, and I probably am, but if dogs can't stick up for themselves, who will?

They say beauty is subjective, but people seem to forget this when it comes to dogs. Call whatever else you want ugly, but please, leave the dogs alone. They have done nothing wrong and are all perfect in their own way. You might even find that the ones you think are ugly can be incredibly cute, if you give them a chance.



## What I learned from 'The Post'

> Why free press is so important

Jerrison Oracion  
Senior Columnist

Since Donald Trump became the President of the United States last year, he has upset a lot of people with his policies and his tweets—including the media. He even called certain news agencies that did not approve of his actions “fake news.” Even when these news agencies report something that is true, Trump will say that it is false. Many people compare Trump to the former president Richard Nixon, and it shows in Steven Spielberg's most recent film *The Post*.

The film is about the Washington Post during the Vietnam War which, at the time, was a local newspaper. When the war was happening, everyone was

told that the US troops were successful in their mission to make sure that Vietnam would become a democratic country. The truth is that the mission ended unsuccessfully with a lot of casualties.

People did not know about this until Daniel Ellsberg, a military analyst for the State Department during the war, got the documents that summarized the mission and leaked them to the *New York Times*. When the *New York Times* published these documents, the US government took legal action to silence them, then the *Washington Post* got their hands on the documents, and they published vital parts of the study. The country found out what really happened during the Vietnam War and the newspaper became a national institution.

Both newspapers went to the Supreme Court and argued that they had the freedom to publish the documents because of the First Amendment. The case ended with the newspapers winning 6 to 3. In politician Hugo Black's thoughts on the case that we hear at the end of the film, he says that the free press has, “the protection it must have to fulfill its essential duty in our democracy.” He goes on to say that, “The press was to serve the governed, not the governors.”

After that, Nixon was so angry that he banned the *Washington Post* from covering what his administration was doing until Watergate happened—which can be related to Trump preventing CNN and other news outlets from attending certain press briefings.

Free press is important because if the *Washington Post* did not win the case, the information in every history book today would be inaccurate. The purpose of the press is to inform the public on what is happening in the world, backed up with facts.

The First Amendment allowed the media to publish government documents, even if it weakened national security. The film shows recordings from the Nixon tapes which display Nixon's temper, which seems very similar to Trump's.

While we still do not know exactly what is happening in the White House right now, if there is someone that knows what is happening and tells it to a news agency, we would know the actual story—just like what happened in *The Post*.





## Potat-oh?!

> Shredded hash browns are a travesty

Jillian McMullen  
Staff Writer

The beautiful thing about the potato is the innumerable ways to take a humble spud and make into a delicious dish, with hash browns as my favourite potato-y treat. Despite their side-dish label, hash browns are arguably the best part of breakfast and should not be overlooked. They're savory, crispy little pieces of heaven that—depending on their preparation—can either make or break any brunch plate.

So, after extensive market research into the various ways hash browns are made (i.e. many hungover Saturday mornings spent at one of the city's numerous brunch spots), I can confidently declare that shredded hash browns are, like, the actual worst.

I think an important aspect of my distaste for shredded hash browns

comes down to language—there's a whole brunchy vernacular that I wasn't aware of until I did some real research into the issue. There seems to be confusion regarding what to call shredded hash browns, versus the far superior cubed hash browns, on menus. There have been many times I've ordered a brunch plate—accompanied with hash browns, of course—expecting these beautiful, cubed, red-skin hash browns, but what comes out instead is a disappointing pile of shredded dreams.

Well, it turns out that the US has that figured out: Over there, shredded hash brown are simply “hash browns” and cubed hash browns are “home fries.” Here, however, restaurants use the terms interchangeably. In fact, I'll more commonly see restaurants serving “hash browns” as specifically “shredded hash browns” and “home fries” as simply “hash browns.”

I guess I resent the fact that

this very key distinction isn't made clear. I could have saved myself a lot of disappointment and unwanted, but nevertheless eaten, hash browns (a potato is a potato, after all). It is understandable, then, that brunch-goers feel the need to clarify a restaurant's terminology, as I have often experienced while serving at the diner I where I work.

But why are “home fries” so much better? Mainly, it's to do with their many flavour options and their superior crunch-factor. Think about it, have you ever had shredded hash browns that tasted of anything other than potato, oil, and maybe a little (or a lot) of salt? The more rustic home fry has far more to offer flavour wise: I've had roasted garlic, caramelized onion, rosemary, paprika, and even truffle oil potatoes.

In terms of texture, shredded hash browns are just a lump of would-be fries, with a weak outer crunch and an almost soggy, too-soft interior, whereas

cubed hash browns have the surface area to form a real crust. Juxtaposed against that is a pillowy, floury middle that is perfect for mopping up the yolk of a runny egg. Try that with shredded hash browns and it just doesn't work.

Additionally, the process to prepare home fries versus hash browns is not just better—it's safer. You can easily grate off the skin of your knuckle trying to get those starchy strands, ruining both your hands and the food you were foolishly attempting to make. Making home fries requires minimal effort. I'm sure I could cube up twice as many potatoes in half the amount of time as it takes to make shredded hash browns (and who doesn't need more potatoes in their lives?).

Regardless what you call them, hash browns/home fries are the true breakfast star.... But I know what kind I'm calling up to the plate this Sunday morning.

## It's a 'No'-prah for Oprah

> Presidency is not for celebrities

Jessica Berget  
Opinions Editor

Ever since the Golden Globe awards show aired last week, everyone has Oprah Winfrey on their minds—specifically, some have her in mind for the next presidential candidate of 2020. Her inspirational speech after winning the Cecil B. De Mille award was enough to win the hearts and votes of any American who watched her accept the award, but is giving a good speech all that it really takes to run a country?

Presidency is not a place for celebrities, especially if they have no prior experience in politics, no matter how well-informed or well-intentioned they may be.

It seems when any well-liked celebrity gives a speech or makes some commentary about our society, people go nuts, even going as far as suggesting that they run for presidency. It happened to Tom Hanks, Dwayne “The Rock” Johnson, and Stephen Colbert, to name a few. Funnily enough, these same celebrities have been rumoured to also be running for the 2020 election. Stephen Colbert even had plans to run for the 2008 election, which ended in him eventually abandoning these plans—however, as this was done in-character as the Republican pundit “Rev. Sir Dr. Stephen T. Mos Def Colbert D.F.A., Heavyweight Champion of the World,” it's

very likely that this was meant to be a joke.

For some reason, people think that TV show hosts and actors have what it takes to be president. Based on what? Giving an inspiring speech? Being the President of the United States takes a whole lot more than just giving a good speech at a film and television festival, and as successful as Oprah is, she is no exception.

As much as I would like to see a Black woman become POTUS, I don't believe another rich, popular celebrity is the person to be rooting for. Especially since a rich, popular celebrity is already in office and, in my opinion, doing a pretty shit job at it.

Even though Oprah has an incredibly successful career in television and film, is well-liked by millions, and isso famous you don't even have to say her last name, Oprah has literally no political experience, which is a serious problem if she were to ever actually run for office. That's not to say I have absolutely no faith in Oprah; she does maintain progressive policies and even helped lobby for the National Child Protection Act, creating a database of known abusers, which eventually became known as the “Oprah Bill.” With a résumé as impressive as hers, it's possible she does have a future in politics, but in a presidency? I don't think so. At least, not without a little experience first.



Photo of Oprah Winfrey via BET News





## The freedoms we take for granted in Canada

› Consider yourself lucky to live here

Sameer Siddiqui  
Contributor

Canada is a country which has made a unique mark on the world stage. All over the world people look towards Canada as a beacon of hope and equality. However, many of us who live here tend to take these freedoms for granted. What we fail to realize at times is that the same freedoms we assume to be expected, people in other parts of the world cannot even imagine.

I am thankful to God for granting us the opportunity to live in this country. I believe that Canada, and the west in general, are generous countries. The freedom of religion that we enjoy in Canada, the right to practise a religion or not to practise, is amazing. People in other parts of

the world are prosecuted for simply having different religious views.

The freedom that I most cherish here in Canada is the freedom of speech. This freedom is under attack in many parts of the world. That is the reason many people who are persecuted for their different views often seek protected status in Canada and the US. Credit to both countries for accepting people from different parts of the world.

What we must be careful about as we progress into the 21st century is that we don't lose track of who we are with regards to the freedoms that we enjoy. Our foremost duty should be to protect our rights and these freedoms, and there cannot be any compromise.

What I fear is that some people might try to use these same freedoms that we have to silence others. When we

lose our right to say what we believe is the truth, then society enters a decline. Any reasonable debate takes place when both sides are heard and given equal opportunity of being heard. When we start to prevent one side from sharing their opinions, then an honest debate

“... the same freedoms we assume to be expected, people in other parts of the world cannot even imagine.”

can never take place. Sometimes we as humans need to grow up, listen, and accept the truth, whatever it may be. Sometimes the truth is on our

side and sometimes it's not. Truth does not care about our feelings.

All humans want to live free. We seem to feel choked when our freedoms are reduced. I believe that for any society to truly progress it must be free. I feel that, throughout history, the only societies that have progressed are ones that upheld human rights and allowed ideas to be freely exchanged. Even today, it seems as though only those countries which have made the most progress have the most freedoms.

I would request all of you to take a moment and think about the place you live, and the freedoms that you enjoy. The people who fought to bring freedom to North America did not give up their lives in vain. Their struggle should be our inspiration to uphold these values. We should not forget them.

## Stop sensationalizing science

› Science should be reported on truthfully

Jessica Berget  
Opinions Editor

It's weird what constitutes as news nowadays. There is something surreal about looking at social media in the morning and finding an actual “news report” about a celebrity having trouble jumping over a puddle, but this is our unfortunate reality.

Mainstream media has taken news—something that should be honest and informative—and twisted it into a hodgepodge of entertainment and pleasure. As bad as mainstream journalism is, scientific journalism is even worse. It's prone to the same biases and interpretations, but is susceptible to more exaggeration and sensationalism.

Science is something that has been continuously sensationalized in the media. Although sensationalizing may sound like a good thing, after doing a quick Google search of what the term means, it's clear it is not something that should be associated with science.

To sensationalize something means to present information that excites and entertains the public, at the expense of accuracy. As much as I believe scientific findings should be reported in a way that interests the public, it should not be done at the expense of accuracy for the sake of entertainment. It should be done honestly, and for the sake of education and sharing scientific information.

You shouldn't trust every scientific study you read or hear about. Scientific reports are often misrepresented or fabricated in online news articles or mainstream television to excite the public and ultimately to get a boost in ratings. Mainstream news and media needs to stop fabricating scientific research to get people talking about it, but report on it honestly and truthfully. Science is already super interesting, so we shouldn't have to fabricate it to make it easier to digest. Yes, it may be difficult to understand at times, but dressing it up to make the public understand it doesn't do anyone any good, either.





# HUMOUR

- ✓ YouTuber figures out what's wrong with gaming these days
  - ✓ Depression meals: Birthday cake
  - ✓ Comics!
- And more!

## Chaos ensues as dog and cat therapy sessions planned for same day

› Furballs and fury

Katie Czenczek  
Staff Writer

It was the biggest blunder Douglas College has seen to date. Worse than the students versus faculty prank war that ended with 5 hospitalizations and 20 terrible haircuts. Even worse than when classes weren't cancelled on that slippery, icy night in 2016 when students penguin-slid down the hill into moving traffic. It may have been the worst day in college history in Canada. January 18 was the day that both cat and dog therapy was accidentally planned on the same day.

Fur was ripped out, skin scratched, and bite marks found all over—the dog and cat lovers were vicious. They turned on one another; as the scene laid out cat lovers took charge of the stairs while dog lovers surrounded the area. Those who were pet-neutral hid in the fishbowl in hopes of not being caught in the crossfire.

In an interview with The Other Press, Alex Dogwood explained the dog lover's point of view.

"Cat lovers are the enemy. We have had this tradition going on for years with dog therapy day and cat lovers cried 'This is unfair! We wanna have time with our mangy, hostile beasts!' Who would ever think that a cat is comforting? They'll just stare right through you and only want attention when they're

upset. Cat therapy day, what a joke!"

Marianne le Chat, head of the Cat Lover's Rights group at Douglas College, hissed in an interview with the Other Press that she was outraged at dog lovers' selfish hold on the day.

"For years we have had to fight to get Cat Therapy Day recognized by the college, and when we finally did, the dog lovers completely ruined it. They're always barking about how dogs are the best pets in existence. I don't actually have a problem with dogs at all, it's literally just the dog lovers who are the worst."

Dogwood also has some choice words, claiming that there would be anarchy if other pets received therapy days aside from dogs.

"It starts with Cat Therapy day, then we get rodent lovers chiming in about their rights, and then after the rodents, it'll be the reptile collectives arguing that snakes and salamanders need to a therapy day at the school! I simply won't stand for it."

We asked the official Reptiles Collective on their stance in the matter. Venom Smith, head of the collective, responded to the chaos, calling both sides "idiots."

"The Reptiles Collective doesn't care about therapy days. I don't know, maybe it's because we're more well-adjusted that we don't use our favourite pets for comfort. But, hey, that's just my best guess."

As the fighting continued, pet-



neutral people were forced to pick sides. Suzanne Swiss explained how stressful the situation was.

"Both sides came up to me and forced me to choose. Do I love cats or dogs more? Well, I have both pets at home and that's like comparing ice cream to pizza! One is a delicious dessert, sweet but cold, and the other is more savory, the cheese melting with just the right amount of crunch. Oh God, I've been stuck in the fishbowl for 14 hours, if I don't out of here soon I'm going to eat the upholstery in the chairs!"

Swiss ended up being rushed to the hospital soon after the interview.

The cats and dogs themselves—interestingly enough—did not seem to care about the showdown at all. Together, and translated from Animus-quadpadis (the language of four-legged beasts), the cats and dogs explained their indifference.

"This fight has been going on far too long. We actually have never fought, and aren't polar opposites like you two-leggers always assume. We don't get how that started and just want some peace."

## 'Yes, your ex definitely talks shit about you!' and other validated concerns

› Anne Ziety's new book of home truths takes world by storm

Rebecca Peterson  
Assistant Editor

Have you ever wondered if there's a legitimate basis for your fears? Have you ever asked yourself if you're worrying enough? Have you ever thought about the slow, crushing weight of the daily embarrassments of living? Well now, there's a self-help book designed to make sure you're living your neuroses to the fullest.

Fresh from the success of her last book, *Ten Ways to Fuck Up Your Own Life by Doing Absolutely Nothing*, celebrated author Anne Ziety has released her follow-up masterpiece *If You're Only Worried, You're Not Thinking Hard Enough: A Collection of Daily Stresses*. Written as an encyclopedia of common stresses, Ziety takes an in-depth look at scenarios

we play out in our own heads, and not only validates each one, but explains how they will inevitably destroy our lives and the people around us.

"It's an important public service, I think," said Ziety, in an interview with the Other Press. "People often try to do what they think is the 'healthy' thing, you know, they tend not to sweat the small stuff, but I really think that's the wrong approach. I think if you're worried about something, you should think about it obsessively, really dig deep into how bad it can all go down for you and your loved ones."

A free excerpt from the Collection can be found online, demonstrating Ziety's technique:

"Worry: I'm not my bestfriend's best friend. Designation: Valid. Breakdown: You're not as fun to be with as some of your other friends, and sometimes you overshare when

you've had a few. This will inevitably cause an irreparable rift between you and your 'best' friend, but it's okay, because when the friendship falls apart, they will not miss you as much as you miss them."

The book doesn't just cover common social concerns, but larger anxieties as well:

"Worry: The sun will throw off a solar flare that will flash-cook the planet and kill us all. Designation: Valid. Breakdown: It could happen at any time, and there's really nothing any of us can do about it. We would have approximately eight minutes before the flare hits Earth to get our affairs in order and say goodbye to our loved ones. On the upside, it's unlikely the government would tell us that the flare is coming, so we probably won't even have those eight minutes anyway. Bonus: While

death will be sudden and painful, it will also be mercifully quick."

Ziety has several projects in the works to follow her Collection; a follow-up companion book *No Molehills, Only Mountains*, and a stage musical she is endeavouring to produce under the working title *Panic! The Musical*.

"I think at the end of the day, I just want everyone to be as much of a nervous wreck as I am," said Ziety. "I was always told that it was my duty to share my talents with the world, and my talents mostly involve sitting on my bed and crying about how we as a species are doomed to extinction. It's a perspective I really think more people should have, if only so I'm not so alone all the time."

*If You're Only Worried, You're Not Thinking Hard Enough* will be available for online pre-order just in time to fuel your next panic attack.



# YouTuber figures out what's wrong with gaming these days

> 'Finally, someone said it'

Jake Wray  
News Editor

EA, Ubisoft, Activision, and other video game giants are promising to make significant changes to their business practices after a YouTuber criticized the gaming industry in a video uploaded Monday.

The video, titled "10 problems with gaming right now," gained 876 million views in 2 hours and sparked widespread public outrage about dirty capitalistic practices in the multi-billion dollar gaming industry. The video is "a wholly original criticism," and "long overdue," according to an editorial published by gaming "journalism" site IGN.

Gaming companies are "totally being unnecessarily greedy," the video alleges, when they siphon off game content to be sold as DLC or add loot boxes to games. The 3-hour and 20-minute video is narrated by the still-cracking voice of the video's creator, 19-year-old Connor Austin, known on YouTube as FART\_SMACK. The video is produced in classic YouTube style as the narration begins with FART\_SMACK saying, "What up, guys." Other classic production techniques include

gratuitous jump cuts that make this reporter's teeth hurt, and a loud dinging sound each time FART\_SMACK makes a point he considers particularly salient.

FART\_SMACK was inspired to make his video because Destiny 2 "isn't as good as it should be," he said in an exclusive interview with the Other Press.

"I just want to sit back and play that game with my friends without feeling like I need to spend all this extra money," he said, before admitting he pre-ordered the digital deluxe edition of Destiny 2. "I really can't afford to keep hemorrhaging money on games like this. I have to save up for the Xbox One X, and a 4K TV."

Tim Wong, a spokesperson representing a consortium of gaming corporations including EA, Ubisoft, and Activision, said at a press conference Monday evening that the companies hear the public outrage, and they will change at once.

"If only we had known sooner that our business tactics were upsetting people," he told reporters. "Forget economics. We're going to do the right thing from now on."

Gabe Newell, president of the Valve corporation, said the company still plans to include micro-transactions in Half Life 3, despite the controversy.



Screenshot of 'Destiny 2' DLC advertisement

"Just be glad you're getting the game at all," Newell said in a phone interview with the Other Press.

Lyle Muhammed, a sociology professor at UBC, said FART\_SMACK's video shows that YouTubers have the potential to become leaders of intellectual discourse.

"When I saw the video, I

thought 'finally, someone said it.' I think YouTubers are going to elicit this reaction in other areas as well," he said. "The film industry, the environment, politics—these are all areas that could use the thoughtful, sharp criticism offered by YouTube."

## One year closer to death

> Depression meals: Birthday cake

Mercedes Deutscher  
Social Media Coordinator

### Ingredients:

1 box of cake mix  
3 eggs  
Cake tin  
1 cup of oil  
1 tub of icing of choice  
Candles

- Preheat oven to 350°C.
- Wash the mixing bowl that you put your popcorn into a few weeks back. Treat yourself. It's your birthday.
- Dump cake mix into bowl. Mix three eggs and one cup of oil into mix. Make sure to mix it all at once so that it's lumpy. Do not mix the eggs separately. Only professionals and people who have their life together do that, you piece of shit.
- Make sure to taste the cake batter. Be disappointed when you realize cake batter isn't cookie dough.
- Grease a cake tin. You can use butter, margarine, oil, or your own sweat and tears.
- Pour cake batter into tin. Place into preheated oven and get Siri to set your timer for 45 minutes.

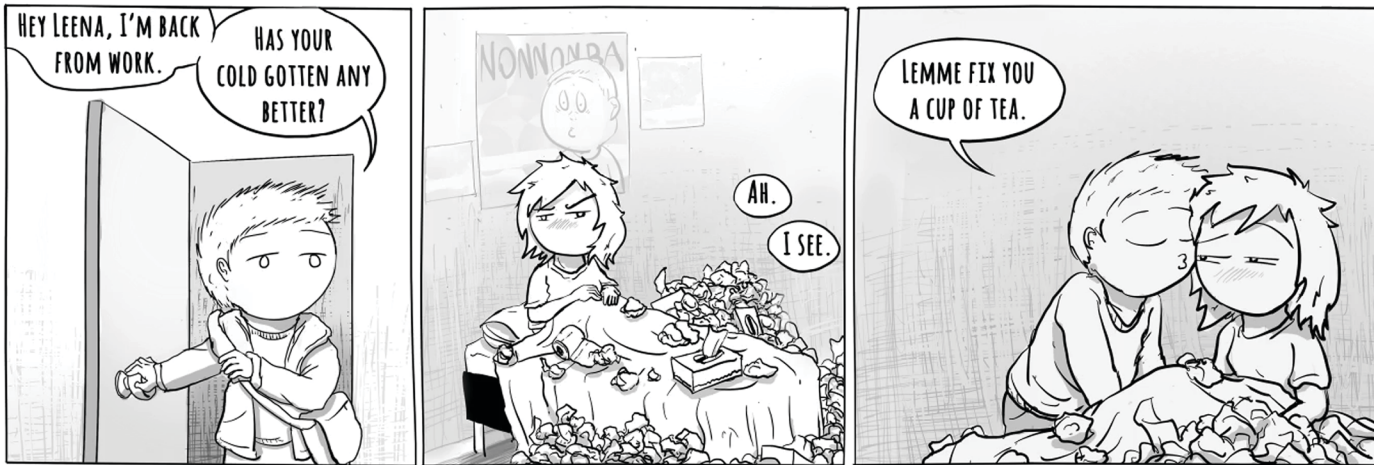
- Check your mailbox for birthday cards, only to be disappointed that your Visa bill is the only thing in there.
- Sit on your couch and think about how you've been wasting the prime of your life on the Internet. Remember that you did this to yourself. Think about your peers that you graduated high school with who are approaching their university graduations this summer. Recall how you couldn't even finish your second year of college before dropping out.
- Debate what you are going to do for the rest of your life... Are you just going to be a useless sack of meat that feels sorry for themselves all of the time? Will you seize what youth you have left before people start seeing you as middle-aged or old and don't care about what you have to say anymore? Will you ever own a house, or a car, or literally anything of value?
- Be shocked when your timer goes off. You've been moping for 45 minutes. If 45 minutes goes by so fast, how quickly will the rest of your life flash by?
- Take cake out of oven and let it cool down for 15 minutes before growing too impatient to let it set for the proper amount of time. Frost with icing. Get frustrated that crumbs are getting in your icing and that your cake is falling apart.
- Put candles on cake. You're too old to be able to use one box of candles now. Light the candles and walk back to your living room.



Photo illustration by Lauren Kelly

- Place the cake on the coffee table and sob while singing "Happy Birthday" to yourself.
- Accidentally low all the candles out in one go. You don't get any boyfriends this year.
- Eat entire cake with a fork. Do not cut into slices.

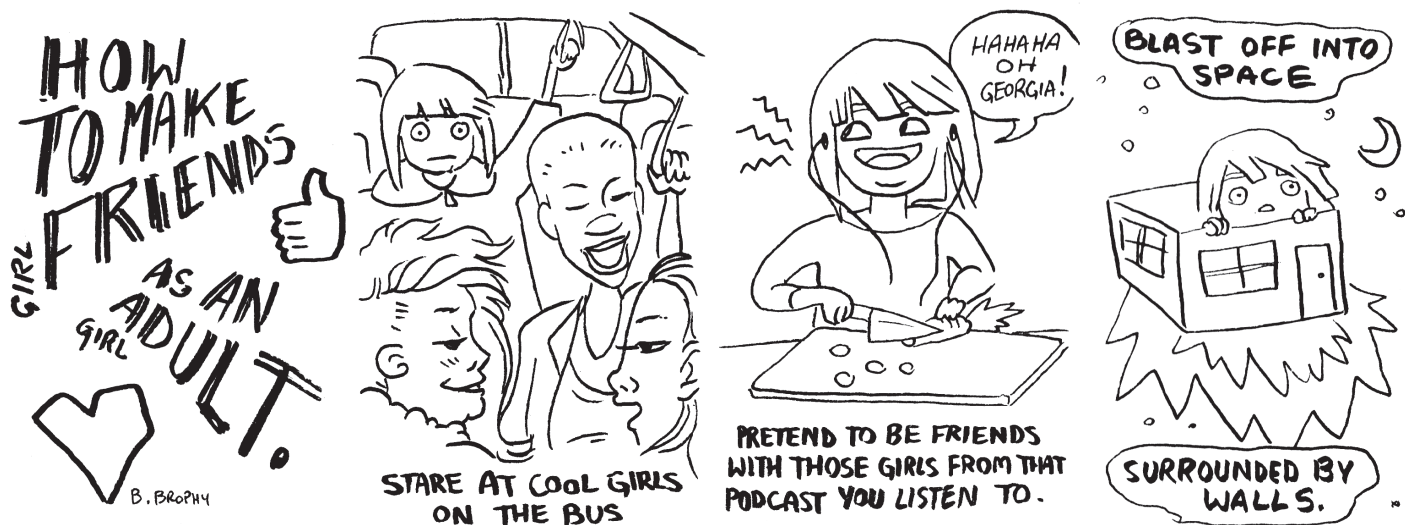




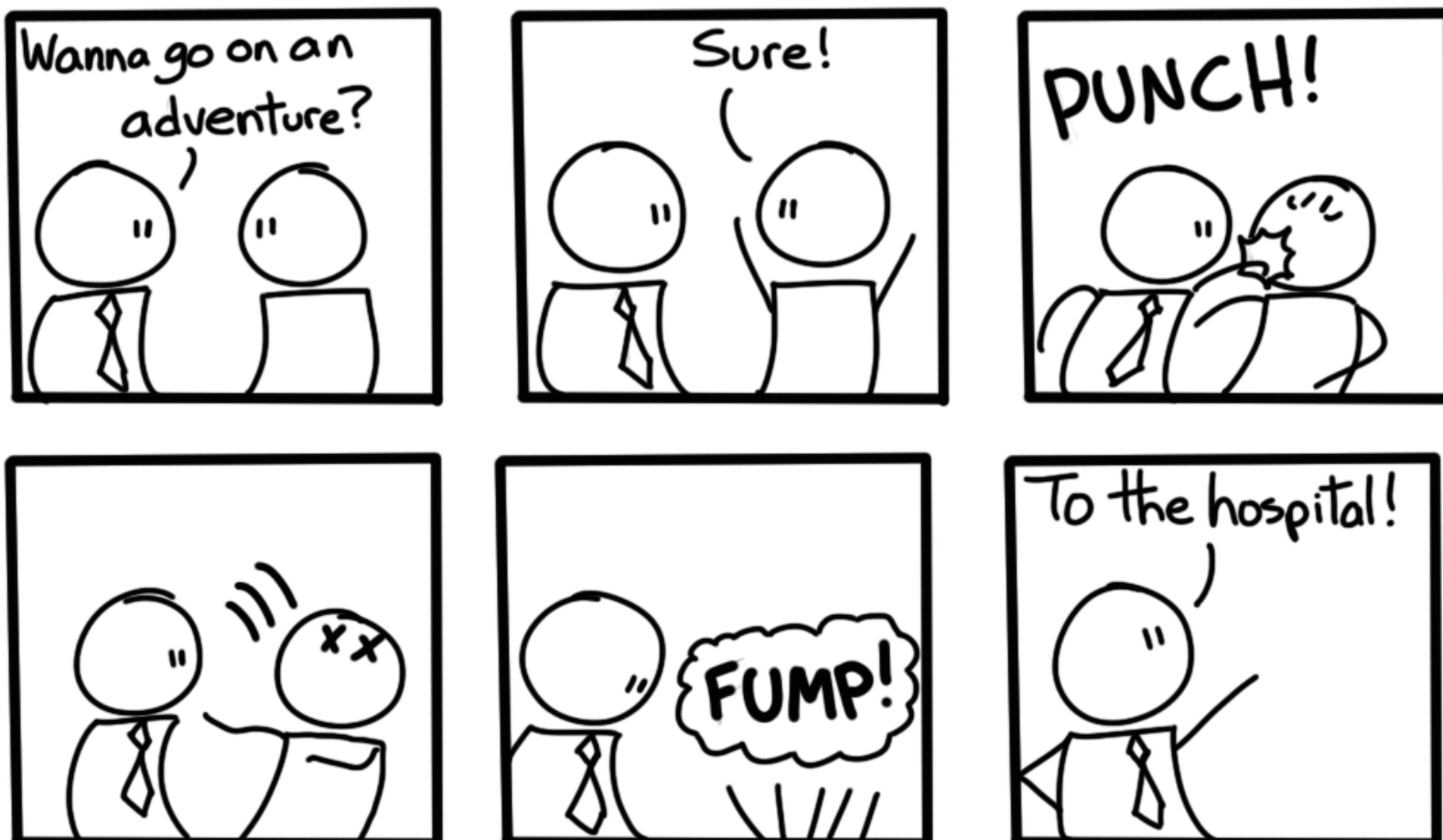
Comic by Nuclear Jackal



cartoon by Ed Appleby



cartoon by B. Brophy



cartoon by Robot comics

# A WHOLE PAGE OF COMICS!



*WELCOME BACK*

# **SUPERHERO MOVIE MARATHON**

*X-MEN, POWER RANGERS, THE AVENGERS*

**TUESDAY  
JANUARY  
30TH**  
IN THE AB ATRIUM

**THURSDAY  
FEBRUARY  
1ST**  
IN THE CONCOURSE

**DSU**  
BCFS LOCAL 6

**MOVIES START AT 10:30AM**